Sample Outline

Title "The Benefits of Running"

I. Introduction
   A. Running is becoming an extremely popular sport for all ages. (possible intro sentence)
   B. Thesis Statement: Running is a great form of exercise because it helps people control their weight, develops muscles, and improves mental and physical performance.

II. Body
   A. Weight control
      1. Aids self-control
      2. Burns calories
      3. Encourages a healthy diet
      4. Suppresses appetite
   B. Muscular Development
      1. Improves tone
      2. Enhances contours
      3. Increases strength
      4. Improves endurance
   C. Psychological well-being (mental and physical)
      1. Aids sleep
      2. Inhibits depression
      3. Intensifies vitality

III. Conclusion
   A. Benefits of running make it an excellent exercise.
   B. People who want to improve their health should consider running.